

NIGHT SWEATS, NO APPETITE, USED PE-RU-NA.



MRS. LIZZIE LOHR, 1155 W. 12th St., Chicago, Ill., writes:

"I take pleasure in writing you these few lines, thinking there may be other women suffering the same as I did. I had my complaints for over a year, night sweats all winter and no appetite. I was run-down so far that I had to sit down to do my cooking. I was so weak."

"I tried many different medicines and doctors also. Nothing seemed to do me any good. The doctors wanted to operate on me."

"At last I wrote to Dr. Hartman. I told him just exactly how I was, and he told me what ailed me and how I should take Peruna."

"I did as he told me for four months, and now I am all cured."

"No one can tell how thankful I am to him, as I had given up all hopes of ever getting well again."

"I am a widow and the mother of six small children who depend on my support. I work all day and seldom get tired."

"I took five bottles of Peruna in all. Any woman wishing to know more about my case may write to me and I will gladly tell all about it."

"I thank Dr. Hartman for what he has done for me."

Best He Could Do.

It was his first circuit, and, moreover, he had to defend his first client, who was a better known than he respected burglar. In an interval he approached a veteran member of the bar and sought for advice.

"And how long do you think I ought to make my speech to the jury, sir?" he finished up.

"I should say about an hour," said the old hand.

"An hour! Why, I thought ten minutes would be ample! Why so long?"

"Well," said his adviser, "you see, they can't sentence him till you're finished, and the longer you talk the longer he'll be out of jail!"—Stray Stories.

Just His Luck.

"Well, old fellow, I hear that your aunt is dead."

"Yes, she died yesterday," replied the old fellow somewhat sadly.

"It is the way of the world. We must all die some time, and the old lady was well advanced in years. She left a last will and testament, of course? I understood she was wealthy."

"Oh, yes, she left a will and testament," still more sadly.

"You were always a favorite of hers. Your name was mentioned, of course?"

"Yes," he replied, "my name was mentioned. I'm to have the Testament."

One Walter with Sense.

Man in a restaurant, happening in just as a new shift of waiters came on. And having eaten a very modest luncheon this man laid down a modest tip, to be exact, five cents.

And did the waiter shy off or sniff at this nickel? He did neither, but on the contrary he seemed to regard it as an augury of good fortune that his first customer should have given him something, and—

"Thank you," he said, politely, to the customer, and as he turned away he added to himself: "That's a starter."—N. Y. Sun.

BEGAN YOUNG.

Had "Coffee Nerves" from Youth.

"When very young I began using coffee and continued up to the past six months," writes a Texas girl.

"I had been exceedingly nervous, thin and very fallow. After quitting coffee and drinking Postum Food Coffee about a month my nervousness disappeared and has never returned. This is the more remarkable as I am a primary teacher and have kept right on with my work."

"My complexion now is clear and rosy, my skin soft and smooth. As a good complexion was something I had greatly desired, I feel simply repaid even tho this were the only benefit derived from drinking Postum."

"Before beginning its use I had suffered greatly from indigestion and headache; these troubles are now unknown."

"Best of all, I changed from coffee to Postum without the slightest inconvenience, did not even have a headache. Have known coffee drinkers who were visiting me, to use Postum a week without being aware that they were not drinking coffee."

"I have known several to begin the use of Postum and drop it because they did not boil it properly. After explaining how it should be prepared they have tried it again and pronounced it delicious."

Name given by Postum Co., Battle Creek, Mich. Read the booklet, "The Road to Wellville," in place. There's a Reason."

SKILL IN MENDING

ONE OF THE MOST IMPORTANT OF WIFELY ARTS.

Many Garments Can Be Saved from the Rag Bag and Made Neat and Serviceable If Properly Handled.

In darning damask a square of cardboard is basted on the right side of the cloth and the darning is done on the wrong side. The worn edges of the hole should not be cut away, thus making a square or round darned patch; instead, the jagged edges are left and the needle woven skilfully in and out until the space is filled. Start this mending one-half inch outside the hole and continue until the rent is entirely surrounded. These stitches must be taken so they will not show on the right side, and the needle should be passed through the raised pattern of the damask, taking up the threads as though one were darning, and in working back those left are taken up, and so on, just as one would darn. This strengthens the linen around the hole and prevents the darned hole from tearing away, as is always the case when it is not reinforced, thus making the last state worse than the first.

The holes that come from ordinary wear and tear are mended in this way, but accidents will happen and jagged tears and clean knife cuts are sure to appear some time. These require a different treatment.

If the knife cut is discovered before it goes to the laundry the trouble of repairing is lessened, for all that is necessary then is to draw the edges together on the right side, baste a strip of cardboard over the rent and darn neatly on the wrong side, as directed above. In this case the reinforcing previously described may be dispensed with, as the linen will not be thin on the edges of the cut as it always is around the edges of a hole. Of course, one must go outside of the cut sufficiently far to give the necessary strength, but the aim in this work is to conceal the darn. When complete, cut away the stitches on the right side that were used to draw the edges together.

Supposing such a rent has not been discovered until after the linen has been laundered, then the simple darning will seldom suffice. Instead darn the cut and at the back hem down neatly a strip of white linen tape. This should entirely surround the slit.

Three corners or other jagged tears are more neatly mended if the tape is used. When possible do the darning first and apply the tape afterward, but when the jagged edges are very open the better way is to sew the tape at the back and darn down to it on the right side.

Quilting Ruffles on Machine.

Hem the strips of goods which you wish to plait and proceed as for common machine ruffling, making the stitch long and loose. Set the ruffer at its highest notch and after the entire length has been gathered go over it again with the same side up. This time stitch through the hem at the opposite edge. If you are careful to start with each stitch or plait corresponding with the one on the opposite edge, the little plaits will continue evenly to the opposite end.

Now press the strip with a hot iron and then sew it on the garment. Pull out the unnecessary row of gathering and shake out the plaits, and you will find the quilting handsome and accurate.

Economical Suet Pudding.

One cup solid suet, chopped fine. To this add one cup best molasses and one cup sweet milk. One teaspoon cinnamon, one-half teaspoon cloves. Sift one level teaspoon soda through three cups sifted flour, using a little of the flour to dredge one cup seeded raisins and one cup currants, pinch salt. Steam three hours. Keeps well to re-steam when needed.

Sauce for above: Beat one cup pulverized sugar and one-half (scent) cup butter to a cream; add one cup milk slowly, lemon extract. Set in a bowl on top of teakettle and stir till white and creamy. Serve when well dissolved.

O'Brien Potatoes.

Four cups potato balls or cubes, one good slice onion, one level tablespoon butter, four canned pimientos, parsley. Fry the potato balls or cubes in deep hot fat and when done drain on brown paper and sprinkle with salt. Cook the onion in the butter for three minutes, remove the onion and add to the butter the pimientos cut fine. Heat thoroughly, add the potatoes, and stir until mixed. Turn into a hot serving dish and sprinkle with finely chopped parsley.

An Unusual and Nourishing Soup.

One seldom sees this delicious soup, made of watercress as follows: One quart of meat stock, two bunches of chopped watercress and one tablespoonful of butter. Put into a saucepan and let simmer 20 minutes. When it comes to a boil add another tablespoonful of butter, two cups of egg-corn. This soup may be greatly improved by garnishing just before serving with a cupful of whipped cream and half a cupful of fresh watercress tips.

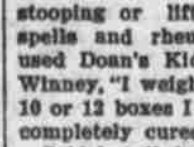
New Dressing for Potato Salad.

Make the ordinary potato salad, using French dressing. Just before serving add three-quarters of a cupful of whipped cream into which has been beaten half a teaspoonful of Worcestershire sauce. This should be enough for a quart of salad.

PROOF FOR TWO CENTS.

If You Suffer with Your Kidneys and Back Write to This Man.

G. W. Winney, Medina, N. Y., invites kidney sufferers to write to him. To all who enclose postage he will reply telling how Doan's Kidney Pills cured him after he had doctored and had been in two different hospitals for eighteen months, suffering intense pain in the back, lameness, twinges when stooping or lifting, languor, dizzy spells and rheumatism. "Before I used Doan's Kidney Pills," says Mr. Winney, "I weighed 143. After taking 10 or 12 boxes I weighed 162 and was completely cured."



Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Was Holding His Own. A wealthy man, revisiting his native village, was telling his old cronies around the store stove how he had achieved his great success. At the close of his recital an old village character that he had known as a boy entered.

"How are you, Tom?" said the great man, holding out his hand. "And how have you been getting along all these years?"

The old fellow shifted his quid and spat.

"Wa'al," he said, "when I hit this town more'n 40 years ago I didn't have a red cent, an' now—wa'al, I guess I'm holdin' my own all right."

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

J. C. CHERRY & CO., Toledo, O. We, the undersigned, have known F. J. Cherry for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALTERS, KIRKMAN & MARTIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all druggists.

Take Hall's Family Pills for constipation.

Autos in Prester John's Country.

Even in remote Abyssinia the day of the automobile has arrived, and Germany has seized occasion by the forelock. The Negus has granted to a German company a concession for an automobile line connecting Addis Abeba and Diredda, which are six days' journey by ordinary caravan. The motors will cover the distance in two.—London Globe.

With a smooth iron and Defiance Starch, you can launder your shirtwaist just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the iron.

The True Home. Homes are not built of brick and mortar. It is the people, not the places, that make the homes; the face of a smiling woman, the patter of tiny feet and the music of children's voices, aye, even the barking of a dog and the human look of joy at our coming bring us the nameless charm that we call "home."

Japanese Men Outnumber Women. Japan is one of the few countries where the men outnumber the women. The ratio there is 980 to 1,000.

FILES CURED IN 6 TO 14 DAYS. PARO OINTMENT is guaranteed to cure any case of itching, blind, bleeding or protruding Piles in 6 to 14 days or money refunded. 50c.

The statesman leads the masses. The masses lead the politician.

Smokers appreciate the quality value of Lewis' Single Binder cigar. Your dealer or Lewis' Factory, Peoria, Ill.

The Bank of England employs 1,000 persons.

PRODUCTIVE POWER OF WESTERN CANADA SOIL

Winnipeg Correspondence.

There has never been any who have doubted the productiveness of the soil of Western Canada, but there are sometimes found those who question the fact of its superiority. During the past season it has been shown that in grain raising qualities it possessed the very best. The late spring prevented grain being sown in many cases before the middle of May. Yet, a large percentage of that sown at that time produced excellent yields. Had it not been for the frost early in August, which visited most of the north half of the continent, there would have been a magnificent yield in every district in Western Canada. Throughout the Southern Alberta district where about 100,000 acres was sown to winter wheat the yield will be enormously large. There are vast tracts of valuable grain growing land in Western Canada that are available for homesteads, the Canadian Government giving 160 acres free, and entry may be made by proxy, by any near relative, thus saving considerable cost to the American who may have entry made in this way. Any Canadian Government Agent will give you the particulars.

Your correspondent has just received the following letter from Craik, Saskatchewan, which bears out the statement made in the first part of this letter.

"Craik, Sask., Aug. 1907. "May 24th we planted a Dahila root, which we brought with us from Minneapolis. Aug. 12th, 80 days later, it was in bloom. The plant is now 4 1/2 feet high and covered with blossoms. We never got half as many flowers on it in Minneapolis, even during September and October, although we had more time to attend to it there."

I mention this only as an example of the great productive power of the soil here in Saskatchewan, Canada.

At the County Fair.

"Doing a land-office business, eh?" remarked the man from the city. "What is that you are selling, anyway?"

"Blessed if I know myself, boss," whispered the fakir at the county fair; "it has zigzag lines all over it and when a woman comes up I sell it to her as a skirt pattern and when a man comes up I sell it to him as a guaranteed and genuine map of Mars."

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

The Saturday half holiday originated in England in the eleventh century.

A. N. K.—B (1907—40) 2207.

RHEUMATISM

Is most painful.
What's good?

ST. JACOBS OIL

Gives instant relief.
Removes the twinges.

USE IT, THEN YOU'LL KNOW

25c.—ALL DRUGGISTS—50c.

900 DROPS

CASTORIA

ALCOHOL 3 PER CENT.
A Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of

INFANTS—CHILDREN

Promotes Digestion, Chastity, and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep.

Facsimile Signature of
Dr. J. C. Hartman
NEW YORK.

At 6 months old
35 DROPS—35 CENTS
Guaranteed under the Food and Drug Act.

Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

of
Dr. J. C. Hartman
In Use For Over Thirty Years

CASTORIA

THE CENTRUM COMPANY, NEW YORK CITY.

COLT DISTEMPER

Can be handled very easily. The stock are cured, and all others in the same stable, no matter how "stagnant," kept from having the disease, by using COLT'S LIQUID DISTEMPER CURE. Gives out the lungs of its food. Acts on the blood and expels germs of all forms of distemper. Best remedy ever known for colic in food. One bottle guaranteed to cure one case. See and it is a bottle; 50 cents. Do not be deceived by cheap imitations. Out shows how to position throat. Only free. Booklet gives everything. Local agents wanted. Largest selling home remedy in existence—write for yours.

SPORN MEDICAL CO.,
Chicago and Rochester, N. Y.

SPOT CASH

FOR SOLDIERS AND HEIRS

All federal soldiers and sailors who served 90 days between 1891 and 1898 and who homesteaded 160 acres before June 25, 1891, are entitled to additional homestead rights which I buy. If soldier indeed, his heirs can sell. Talk to old soldiers, widows and heirs. Find some soldier relative who went West or South after the war and homesteaded government land. Get busy and make some easy money. Write HENRY S. CURRY, Washington, D. C. for further particulars.

60 FARMS Western Canada FREE

Acres

Typical Farm Scene, Showing Stock Raising in

WESTERN CANADA

Some of the choicest lands for grain growing, stock raising and mixed farming in the new districts of Saskatchewan and Alberta have recently been opened for settlement under the

Revised Homestead Regulations

Entry may now be made by proxy (on certain conditions), by the father, mother, son, daughter, brother or sister of an intending homesteader. Thousands of homesteads of 160 acres each are thus now easily available in these great grain-growing, stock-raising and mixed farming sections.

There you will find healthful climate, good neighbors, churches for family worship, schools for your children, good laws, splendid crops, and railroads convenient to market.

Entry fee in each case is \$10.00. For pamphlet, "Last Best West," particulars as to rates, routes, best time to go and where to locate, apply to

J. S. CRAWFORD, 125 W. Ninth St., Kansas City, Mo.
C. J. BRUGGTON, Room 439 Quincy Bldg., Chicago, Ill.

ASTHMATICS READ THIS

If you are afflicted with Asthma, write me at once and learn of something for which you will be grateful for the rest of your life. G. F. ALKINDEN, 60 Exchange Street, PORTLAND, MAINE.

\$30 AN HOUR

MERRY GO ROUNDS

We also manufacture Battle Dances, Striders, etc. HERRICK & SPILLMAN & CO., General Amusement Outfitters, Dept. M., NORTH TOWN ANDA, N. Y.

First Thing I Do

B 18

"When I feel bad," writes Mrs. R. H. Cox, of Jasper, Ala., "the first thing I do is to take a dose of Cardui, and it relieves. What a wonderful medicine Cardui is! I wish I could put it into every home in the world. When any woman is at my house, and complains, I just give her a dose of

Wine of Cardui

"I am glad to tell other women what it has done for me. Before I began to take Cardui I was very sick with female troubles. The doctors said I needed an operation, but I took Cardui, which cured me sound and well." Sold everywhere. Try it.

WRITE FOR FREE BOOK

Write for Free 64-page Book for Women, giving symptoms, causes, home treatment and valuable hints on diet, exercise, etc. Sent free on request in plain wrapper, by mail prepaid. Ladies' Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.

Chance to Get Even.

The poet and the editor were playing tennis, and the latter was beaten. "You serve well, but you cannot return," said the poet. "Can't I?" asked the editor. "Send me a poem, and see."—Stray Stories.

That an article may be good as well as cheap, and give entire satisfaction, is proven by the extraordinary sale of Defiance Starch, each package containing one-third more Starch than can be had of any other brand for the same money.

The telephone in France is little used by the public generally.

To be happy, hopeful, buoyant from the depths of the heart; pure in word and thought and deed, and moderate in all methods of life, this is the true art of noble living.—Young.

ONLY ONE "BROMO QUININE" That is LAXATIVE BROMO QUININE. Look for the signature of J. W. GROUT. Used the World over to Cure a Cold in One Day. 25c.

Niagara Falls as a power generating plant is worth \$46,000,000 a year.

Lewis' Single Binder—the famous straight B cigar, always best quality. Your dealer or Lewis' Factory, Peoria, Ill.

The whole of virtue consists in its practice.—Cicero.

W. L. DOUGLAS SHOES

\$3.00 SHOES AT ALL PRICES, FOR EVERY MEMBER OF THE FAMILY. MEN, BOYS, WOMEN, INFANTS AND CHILDREN.

W. L. Douglas makes and sells more shoes than any other manufacturer in the world. Because they hold their shape, fit better, wear longer, and are of greater value than any other shoes in the world to-day.

W. L. Douglas 84 and 85 Old Edge Street cannot be equaled at any price.

CAUTION.—W. L. Douglas name and price is stamped on bottom. Take No substitutes. Sold by the best shoe dealers everywhere. Shoes mailed from factory to any part of the world. Illustrated catalog free.

W. L. DOUGLAS, Brockton, Mass.

You Look Prematurely Old

Because of those ugly, grizzled, gray hairs. Use "LA CREOLE" HAIR RESTORER. PRICE, \$1.00, retail.